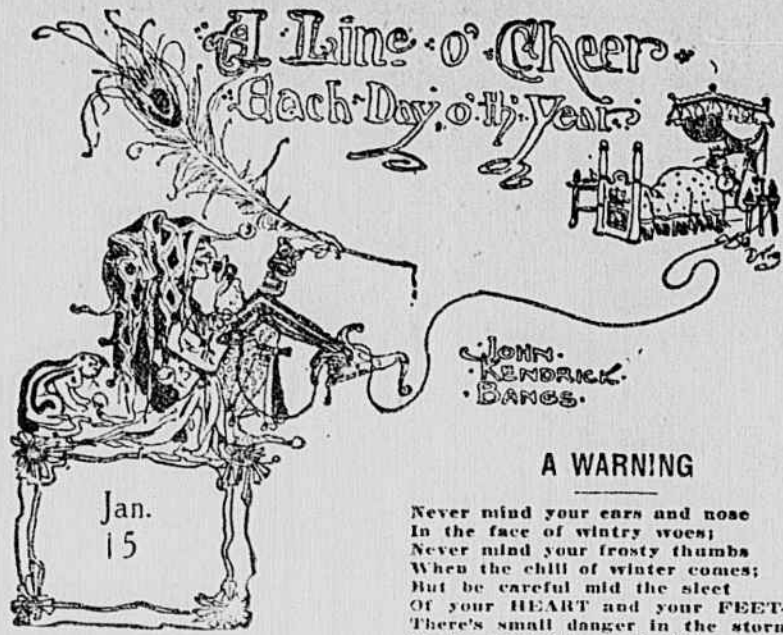


Of Interest to Every Woman

Edited by Martha Westover

A Line of Cheer
Each Day of the Year



A WARNING

Never mind your ears and nose
In the face of wintry woes!
Never mind your frosty thumbs
When the chill of winter comes;
But be careful of the sleet
Of your HEART and your FEET—
There's small danger in the storm
If the HEART and FEET are warm.

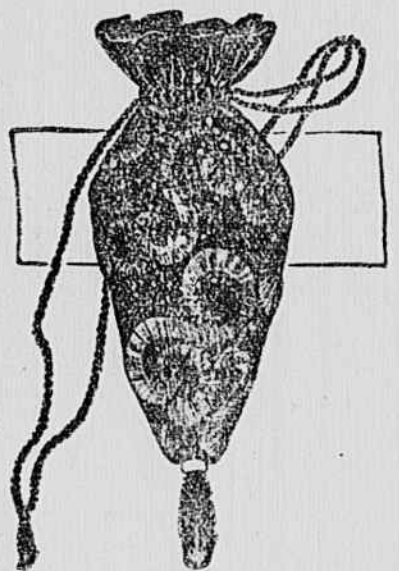
MENU

Breakfast.
Oranges Country Sausage Cereal
Corn Muffins Coffee

Luncheon.
Beef Hash on Toast
Lettuce with French Dressing
Chilled Fruit Cake

Dinner.
Tomato Soup Toasted Wafers
Lamb Chops Hashed, Browned Potatoes
Peas Creamed Beets
Romaine Salad with Mayonnaise
Apple Pie Coffee

A CHINESE FAN BAG.



It is a Chinese bag and finished with head tassels.

TO WASH SWEATERS

Do It Right, or They Will Be Ruined.

The popularity of the sweater is easily accounted for in its usefulness and comfort, but it often loses its attractiveness in becoming shapeless after washing. If properly washed a sweater should keep its shape until it wears out; and therefore wash it carefully with some good white soap, rinse well and add some bluing to the last water if the garment is white. Then place it in a clean pillow-case and pin the case to the clothesline. When the sweater is nearly dry put it on a coat-hanger in the sunshine.

Keep all bits of ribbons, laces, brooches and so on, in a box where they can be got at easily, and they will be a great resource when the gift-making season comes around.

The rough coat suit with a manly air has passed out of existence.

SMALL BLACK VELVET HAT.



The eccentricity of the shape is emphasized by the queer little black feather.

EGG ECONOMY

BY FRANCES MARSHALL.
There are two kinds of economy: One is the sort that foregoes the expensive thing and the other is the sort that makes the most of it. To illustrate with eggs: One sort of economy is to cook eggless dishes, and thereby, of course, somewhat impair the nutritive value of the dishes made. For eggs are highly nutritious, even when they are high priced. The other sort of egg economy is to make the most of every egg opened.

With Cooked Eggs.
Never throw away a left-over egg. Boiled eggs left from breakfast can be put back on the fire and boiled hard and then used in many different ways. They can be chopped and used to garnish spinach and fish and meat. They can be sliced and used in lettuce with French dressing for a nourishing and delicious salad. They can be cut in two and served with a white sauce or covered with white sauce and sprinkled with buttered crumbs and baked golden brown.

Left-over fried or poached eggs are not so easily converted into tempting dishes. But they can be cooked hard over hot water and then chopped and mixed with chopped meat for croquettes, hash and foremost. Scrambled eggs can also be utilized in this way or they can be mixed with hashed potatoes and browned in a little cream and butter.

With Whites and Yolks.
When you make mayonnaise dressing or anything else requiring only egg yolks, plan also to make something requiring only whites. Likewise, when you make angel cake, plan to make something requiring whites.

A chocolate bread-pudding made with a whole egg can have a meringue spread on the top to use up egg whites. They can be beaten and flavored with fruit juice and pulp and served as a whip in long-stemmed glasses. They can be flavored with chopped prunes or dates and a little sugar and baked in the oven for a pudding. They can be made into an angel cake or a white cake.

If you need egg whites, and have yolks left over, use them in mayonnaise, an custard, in gold cake or in sauce for pudding.

HELPFUL ADVICE FOR COLD DAYS

Don't try to harden yourself to the cold at the expense of health. Many women go out on the coldest days without suitably warm clothes. In the old belief that they are in the habit of "bundling up" too heavily. Perhaps they are. But they must break the habit gradually. To begin with, they must wear clothes just as warm as they are used to, but not so heavy and bulky. Thus they can get in the habit of walking more rapidly and exercising more actively, and so before they know it, they will increase their circulation, and will actually feel warmer. Heavy clothes will thus be a burden and thinner ones can be substituted for them.

The gloves should not be too thick when a muff is carried. Silk or cotton chamois gloves are admirable to wear inside a thick and heavy muff. If the hands are in heavy gloves they perspire with the added warmth of a muff and when they are pulled out of the muff they are quite likely to chafe.

It is a good plan to rub the hands with talcum powder before putting on the gloves in the winter. This absorbs the perspiration and helps keep them from becoming chapped.

A good way to gain warmth without increasing the bulk of the clothes is to cut the feet from a pair of long, warm stockings. These can be slipped on over the ordinary pair of hose or silk stockings. The bottom edges can be tucked into the high boots and the tops can be fastened with the supporters or else with an extra garter. The warmth thus gained is surprising and very comfortable on a cold day.

Keep the spine warm. This can be done without detracting from the effect of the coat suit. The coat can be lined in back more heavily than in front. If a waistcoat is worn it can be lined in back with flannel or even chamois. If the spine is warm the whole body will be more comfortable.

Keep your hands warm. If they are cold, rub them in warm water and then rub them briskly. Be sure to wear long gloves if you wear short sleeves out-of-doors, for the cold wind that penetrates through the opening of the coat suit, strikes chill to the whole body if the arms are not covered. It is an easy matter to arrange little cuffs inside the coat sleeve to gather snugly about the wrist and so keep out the cold.

If you feel a chill coming on, begin to exercise. Bathe your hands and wrists in hot water and rub them vigorously. Jump up and down before a fire or a radiator. Drink hot water or a cup of hot tea or chocolate or a glassful of hot milk, seasoned with a little grated nutmeg. If the chill exhausts you, lie down, warmly wrapped in blankets, in a warm, but well-aired room, with all the hot-water bags and electric pads you can lay hands on about you. A chill should never be neglected. It is a symptom that the system has received a severe shock in the way of cold. If it is persistent or severe a physician should be called. Often a chill neglected has led to serious results.

HARMLESS DEODORIZER

One for Perspiration That May Be Made at Home.

A harmless and effective perspiration deodorizer can be easily prepared at home from the following ingredients, which are to be had of any druggist: One part salicylic acid and three parts boric acid. Mix thoroughly and put in a flat powder box. Use a wool puff or a piece of absorbent cotton in applying it. It is quite harmless and may be used as often as necessary.



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An Evening Gown in Black and White

Variety in Cheap Green Vegetables.

BY FRANCES MARSHALL.
Greens should be made wide use of by the economical housewife in winter. The fresh fruits and vegetables that add so much to the summer diet are lacking and their most economical substitute is greens.

But there is no excuse for serving the same sort of greens day after day. Every one tires after an indefinite serving of boiled spinach. There are so many ways of preparing it that it might be served once a week all winter and never be served twice in exactly the same way.

SPINACH.
Of course, the first thing to do is to wash it thoroughly, and the next thing to do is to boil tender.

It should be put to cook in boiling, slightly salted water. When it begins to boil, note the time and let it boil rapidly for ten minutes. Then drain it through a colander, pour cold water over it to blanch it, and then prepare it in any desired way.

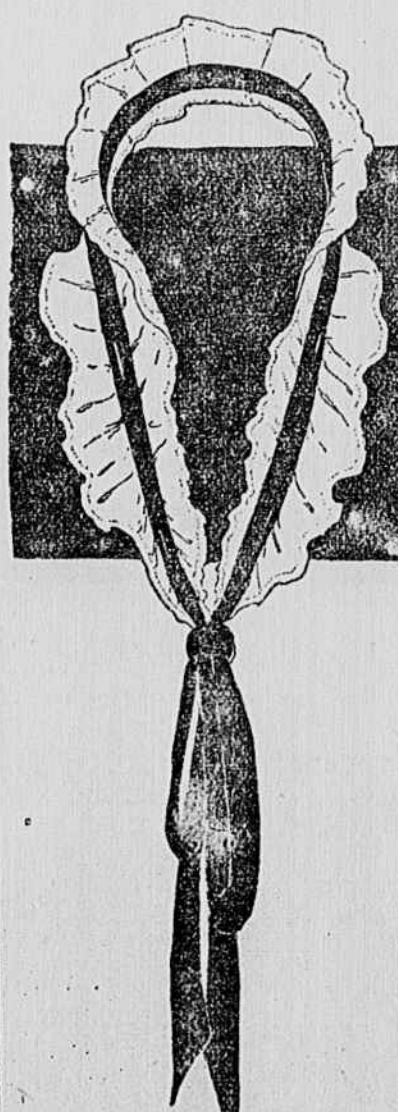
It can be chopped and seasoned with butter, pepper and salt. It can be chopped and then heated in a saucepan with a tablespoonful of flour, two of butter and cupful of milk for every half-peck of spinach. It can be chopped and garnished with sliced or minced eggs, and flavored with butter and pepper and salt. It can be served in small mounds, each topped with a poached egg or with any sort of stock and a little flour. It can be chopped and warmed up with any sort of stock and a little flour. It can be mixed with a cupful of thick white sauce and two beaten eggs, cooled, formed into fritters and fried. It can be served with cream sauce poured over it after it has been drained, chopped, seasoned and put on a hot dish.

CABBAGE.
Cabbage is a healthful vegetable and can be so cooked that it is delicious. Like spinach, it becomes monotonous to the most agreeable family if it is served boiled day after day.

It can be chopped, after it is boiled tender, and served with cream sauce. It can be minced and warmed up with stock or cream and butter and pepper and salt. It can be shredded and cooked in a saucepan in three tablespoonfuls of melted butter until it is tender, then mix with a well-beaten egg and a little sour or sweet cream, heated thoroughly and served quickly. It can be served with curry sauce. It can be boiled tender, put in a baking dish, sprinkled with cheese and baked for ten minutes. It can be boiled, well seasoned and scalloped with cracker crumbs. It can be cooked with corned beef or salt pork or bacon.

OTHERS.
Kale can be found in the market in the autumn. It can be boiled like cabbage, minced and heated through with broth and seasoning. Cauliflower, when it is not expensive, can be made wide use of. It can be cooked in almost as many ways as cabbage.

A DAINTY NECK FRILL.



DAME FASHION SAYS

Green is a modish color for street costumes.

In jewelry the square-cut stones reign supreme.

The new tango shade is nasturtium in color.

All draperies run high in front and long behind.

The newest shade for the debutantes is pink.

Children's coats all hang straight from the shoulder.

Transparent effects are becoming more and more daring.

The slipper of hand-painted kid or satin is a pretty idea.

Skunk is the most fashionable fur; it adorns everything.

Capes of fur are among the smart garments of the day.

The maker of the proper waistcoat must not overlook the important item of buttons.

Velvet flowers in dark shades are fashionable just now.

The Medici collar is used on all smart costumes this winter.

Gold or metal embroideries appear on almost every costume.

The square end train is the accepted model for evening gowns.

Nearly all the fancy blouses have vests of a contrasting color and material.

Long stoles, soft and pliable, wound about the figure, are fashionable.

There is a tiny ripple at the side seams of some of the coats of the new suits.

Smart women are showing their approval of duvetyne and peau de peche.

The woolen velvets have entered into competition with those of satin and silk.

Chiffon velvet is good for wraps; it falls back into the long, soft folds so easily.

Extracts for flavoring cakes should be used sparingly. If the cake is well made of best materials, it requires very little flavoring.

Suit coats hang loosely from the shoulders, are rounded below the waist at the back and tilt up in front.

It is a season of luxuries in dress, garnitures, and gold and silver silken cords and let will be much used.

The tunic may be treated in so many ways that every woman may adopt this most fashionable detail.

RIGHT OF CLEMENCY DEFINED BY ASQUITH

Most Important of All Prerogatives of Sovereign Not Exercised by Monarch.

BY LA MARQUISE DE FONTENAY.

PRIME MINISTER ASQUITH, in response to a communication from William Barton, Member of Parliament for Manchester, who had invoked his intervention to secure a commutation of the death sentence passed upon young murderer of the name of Ernest Kelly, gave in his letter of reply a definition of the right of clemency, which deserves being placed on record. It emphasizes the fact that in Great Britain, at any rate, this most important of all the prerogatives of the sovereign is no longer exercised by the monarch.

The Prime Minister admits that clemency is a royal prerogative. He writes in his letter as follows: "The exercise of the royal prerogative in capital cases is vested solely by constitutional practice, in the Secretary of State for Home Affairs, and I could not under any circumstances consent to intervene in such a case."

This constitutional practice dates from the accession of Queen Victoria in 1837. It was felt by her ministers when she came to the throne that it would be unfair to require so young a girl to examine all the circumstances of the horrible crimes for which the death penalty was in those days pronounced, or to burden her conscience with the responsibility of determining the life or death of her fellow creatures. So the duty of deciding whether or not the crown's prerogative of clemency should be exercised in any particular case, was delegated to the Secretary of State for the Home Department, responsible to Parliament.

To such an extent has this prerogative been alienated in this fashion, that, not by act of Parliament, but by constitutional practice, that when Queen Victoria in the closing years of her reign attempted to intervene in behalf of the convicted murderer, Lipiski, and insisted that the late Lord Landaff, then Home Secretary, should commute the sentence, in consequence of her firm belief in his innocence, the minister refused to allow her to have her way, or to interfere with the course of justice. It is only fair to Lord Landaff to add that when Lipiski heard that his appeal to the crown for clemency had been rejected by the Home Secretary, he made a full confession of his guilt of the murder in Ireland, however, the sovereign, in his capacity as King of Ireland still exercises the prerogative of mercy when he chooses. As a rule, it is exercised through his viceroy. But during each of the progresses which Edward VII. made by motor car through the rural districts of the Emerald Isle, during his all too brief reign, he granted a number of remissions of sentence and free pardons, in response to petitions personally handed to him by peasants who had invoked his royal clemency when he was passing through their villages.

In the self-governing colonies, as well as in India, the right of clemency is exercised by the sovereign's representative, the governor-general, and it may be recalled that some time ago Lord Gladstone incurred an immense amount of criticism in South Africa for having, as governor-general of the union, commuted the capital sentence on a Kaffir, who had attacked a white woman.

Prime Minister Asquith's letter, from which the above is taken, is all the more important, since it places on official record the fact that clemency remains a royal prerogative, even in the United Kingdom, and that it is merely by constitutional practice and not by any legislative act that it is

now exercised by the Home Secretary. Consequently, that there is nothing to prevent King George, or any other English sovereign who possesses the necessary amount of vigor from assuming without further process the enjoyment of this prerogative, to which he is clearly entitled to this day, by the law of the land.

In view of the comment which has been excited by the refusal of the giant of the Cross of the French Legion of Honor to Sarah Bernhardt, on the occasion of the New Year, it may be as well to explain the reasons why she has again failed to receive it, although nominated and strongly recommended for the distinction by the new Minister of Public Instruction and Fine Arts, Rene Viviani. He commended the red ribbon for her, in recognition of her services in spreading French culture abroad.

While the President of the republic and the Cabinet ministers are free to nominate any Frenchman or foreigner for the Legion of Honor, which is the principal national order of France, the name has to be passed upon by the grand chancery and by the council of the order, and it is not until the name has received their approval that the honor is bestowed.

The grand chancery of the order is nearly always a veteran general of the greatest distinction, selected from among the knights grand cross of the order, while the council comprises three other generals of divisions, three viceroys, a leading member of the Institute of France, a leading member of the Academy of Sciences, the president of the Supreme Court of Appeal of France, the president of the Council of State, as well as an ordinary member of the order, and one or two high dignitaries in the order, who have served France abroad in the capacity of ambassadors. By law, the council, thus composed, is required to maintain the prestige of the order, to investigate the merits of every candidate proposed for the distinction, to bar nominees whose record does not comply with the requirements of honor and respectability, and to suspend from the order any who are expelled from its ranks wearers of the red ribbon who have been guilty of dishonorable conduct, even though it does not bring them within the clutches of the criminal law.

Now, although Sarah Bernhardt is the foremost dramatic artist of her time in France, and enjoys amongst international fame as an actress, yet her private life, especially in her younger years, has not been entirely conventional. Indeed, she has been Bernhardt, upon whom she lavished so much affection and so much of her wealth, was born out of wedlock, the words "father unknown" figuring on his certificate of birth.

No secret whatever is ever made of this irregularity, which offends that sense of propriety and of respectability, that, in spite of the impressions to the contrary that prevail abroad, is so very marked a characteristic of the great mass of French people. It would not do to offend all these.

Moreover, there are many distinguished veterans of the army and navy who have won the Cross of the Legion of Honor for conspicuous gallantry under the fire of the enemy; there are also many respected servants of the state who have earned their red ribbon by years of meritorious labor in behalf of the nation, and all these would resent the bestowal of the Legion of Honor upon a woman of Sarah Bernhardt's past.

It must be remembered that French soldiers and sailors are forced to salute every wearer of the Cross of the Legion of Honor, and that, therefore, those who wear the cross should be, like Caesars wife, not only above reproach, but above suspicion. (Copyright, 1914, by the Brentwood Company.)



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